

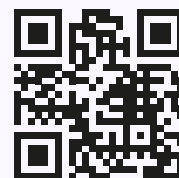
Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Monday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Body Conditioning	Risca Leisure Centre	9.30 - 10.15 am
Ty-Sign Tots (TTO)	Channel View Community Centre	9.30 - 11.30 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
Digital Skills	Oxford House, Risca	10 am - 12 pm
Pilates	Risca Leisure Centre	10.15 - 11 am
Wall Pilates with Michelle	Time Wellbeing Centre	10.30 - 11.15 am
Crochet Club (non-beginners)	The Hive	10.30 am - 12.30 pm
Food Pantry	The Pantri, Risca	12 - 3 pm
Crochet Class	Oxford House, Risca	1.30 - 3.30 pm
Digital Skills	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Gaming Club	Risca Library	3 - 5 pm
Autistic and Visually Impaired Rugby (8-16 year olds)	Risca Rugby Club	4.30 - 5.30 pm
Walking Football (Over 30's)	Risca Leisure Centre	5 - 6 pm
Body Conditioning	Risca Leisure Centre	5.30 - 6.15 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Power Yoga Flow	Risca Leisure Centre	6.20 - 7 pm



Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Monday (continued)

TTO = Term Time Only

FitSteps	St. Margarets Church Hall	6.30 - 7.30 pm
Clubbercise	St Mary's Church Hall	6.45 pm
Short Tennis Social	Risca Leisure Centre	7 - 7.40 pm
Adults Self Defence	St John Ambulance Hall	7 - 8.30 pm
Yoga with Audrey	Time Wellbeing Centre	7 - 8.30 pm
Kettlebells	Risca Leisure Centre	7.05 - 7.50 pm
Men's Darts	Commercial Inn, Risca	8 pm
Aqua Aerobics	Risca Leisure Centre	8 - 8.45 pm

Tuesday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Slimming World	Risca Senior Citizens Hall	9 am & 11 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank (and Platform)	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Food Pantry	The Pantri, Risca	9.30 am - 1 pm
ESOL Language course	Oxford House, Risca	10 am - 12 pm
The Parent Network (TTO)	Ty Sign Methodist Church, Risca	10 am - 12 pm
Print Making Course (6th, 13th, 20th, 27th August)	Oxford House, Risca	10 am - 4 pm
Hair and Beauty Course (13th Aug)	Oxford House, Risca	10 am - 4 pm
Sewing Course (20th August)	Oxford House, Risca	10 am - 4 pm
Cake Decorating Course (27th August)	Oxford House, Risca	10 am - 4 pm



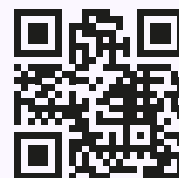
Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Tuesday (continued)

TTO = Term Time Only

Pilates	Risca Leisure Centre	10.15 - 11 am
Kettlebells	Risca Leisure Centre	10.30 - 11.15 am
Toddlers Story and Rhyme Time (TTO)	Risca Library	11 am - 12 noon
Chatty Cafe	Snug Coffee Shop	12.30 - 2 pm
Essential Skills	Risca Library	12.30 - 3 pm
Literacy Course	Risca Library	12.45 - 2.45 pm
Craft Club (Bring your project)	The Hive	12.45 - 2.45 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Wellspring Medical Centre	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
HiIT	Risca Leisure Centre	4.30 - 5.15 pm
Pilates	Risca Leisure Centre	5 - 5.50 pm
Junior Lifeguard	Risca Leisure Centre	5.30 - 6.25 pm
Dance Fit	Risca Leisure Centre	5.30 - 6.45 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Zumba	Risca RFC	6 - 7 pm
Yin Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Intro2HIIT	Risca Leisure Centre	6.30 - 7.15 pm
Beginners Line Dance Class	St. Mary's Church Hall	6.30 - 7.30 pm
Women's Wellbeing Group	Time Wellbeing Centre	6.45 - 8.15 pm
Circuits	Risca Leisure Centre	7 - 7.45 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	7 - 9 pm



Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

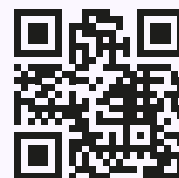
Tuesday (continued)

TTO = Term Time Only

Adults Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
DDP Yoga	Channel View Community Centre	7.45 - 8.45 pm
Darts	Commercial Inn, Risca	8 pm

Wednesday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Toddler Time (TTO)	St David's Church	9.15 - 11.15 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Wellbeing Walk	Snug Coffee Shop	10 am
DIY Course (7th August)	Oxford House, Risca	10 am - 4 pm
Print Making Course (7th, 14th, 21st, 28th August)	Oxford House, Risca	10 am - 4 pm
Get Pumped	Risca Leisure Centre	10.30 - 11.15 am
Creating Writing for Pleasure	Risca Library	11 am - 1 pm
Lunch Club	Risca Salvation Army Hall	12 - 1 pm
Essential Skills	Risca Library	12.30 - 3 pm
Chair Fit	Risca Leisure Centre	12.45 - 1.30 pm



Scan QR code for
more details
Or visit
cwts.h.wales

August 2024

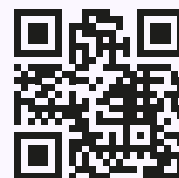
Wednesday (continued)

TTO = Term Time Only

Aqua Aerobics	Risca Leisure Centre	1.45 - 2.30 pm
Digital Skills	Oxford House, Risca	2 - 4 pm
Help with NHS Hearing Aids (4th Weds)	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Code Club (9-12 years) (TTO)	Risca Library	4 - 5 pm
Reading Group (Last Weds)	Risca Library	4 - 5 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Step with Weights	Risca Leisure Centre	6 - 7 pm
Walking Rugby	Risca Rugby Club	6 - 7 pm
Baking Class	Oxford House, Risca	6 - 8 pm
Numeracy Pre-GCSE	Oxford House, Risca	6 - 8 pm
Boxercise	Risca Leisure Centre	7 - 7.45 pm
Dragons AllStars (mixed ability rugby)	Risca Rugby Club	7.30 - 8.30 pm

Thursday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Pilates	Risca Leisure Centre	9.30 - 10.15 am
Happy Tots (Parents & toddlers) (TTO)	Risca Senior Citizens Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm



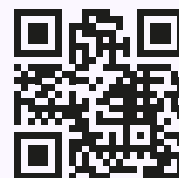
Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Thursday (continued)

TTO = Term Time Only

Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Seniors Coffee and Cake	TLC cafe, Ty Sign	10 am - 12 pm
Library Play Date (TTO)	Risca Library	10 am - 12 pm
Senior Coffee Morning	TLC cafe, Ty Sign	10 am - 12.30 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 1 pm
Hair and Beauty Course (15th Aug)	Oxford House, Risca	10 am - 4 pm
Sewing Course (22nd August)	Oxford House, Risca	10 am - 4 pm
Cake Decorating Course (29th August)	Oxford House, Risca	10 am - 4 pm
Body Conditioning	Risca Leisure Centre	10.15 - 11 am
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Caffi Croeso (all abilities welcome)	Risca Library	10.30 - 12 pm
Beginners Line Dance Class	Fusion Dance Studio	11 am - 12 pm
Yoga with Audrey	Time Wellbeing Centre	11 am - 12.30 pm
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Caerphilly Carers Support Group (2nd Thurs)	The Coffee Mill, Risca	12 - 1.30 pm
Toddler Time (TTO)	St David's Church	12 - 2 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC cafe, Ty Sign	1 - 3 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Pilates	Risca Leisure Centre	5 - 5.50 pm
Bilingual Textile Craft	Oxford House, Risca	5 - 8 pm



Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

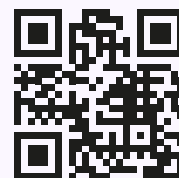
Thursday (continued)

TTO = Term Time Only

St John Cadets (11 - 18 years) (TTO)	St John Ambulance Hall	6 - 7 pm
Kettlebells	Risca Leisure Centre	6 - 6.45 pm
Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Craft Club	The Hive	6 - 8 pm
Patchwork	Oxford House, Risca	6 - 8 pm
Circuits	Risca Leisure Centre	7 - 8 pm
Menopause Fit	Risca Leisure Centre	7 - 8 pm
Risca Male Choir practice	Old Council Offices, Risca	7 - 9 pm
St John Ambulance (17+ years)	St John Ambulance Hall	7.15 - 8.30pm
Quiz Night	Risca Workingmen's Branch Club	8 pm

Friday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Caerphilly Employment support	Risca Library	9 am - 3 pm
Bodyblast	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm



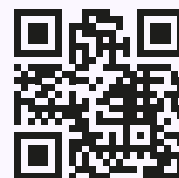
Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Friday (continued)

TTO = Term Time Only

CVW Coffee Morning (free refreshments and fun)	Channel View Community Centre	10 am - 12 noon
British Sign Language Coffee Morning	Oxford House, Risca	10 am - 12 noon
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Kettlebells	Risca Leisure Centre	10.15 - 11 am
Tiny Talk for 0-2 years (TTO)	St Mary's Church Hall	10.30 - 11.30 am
Craft Club (Bring your project)	The Hive	10.30 am - 12.30 pm
Poetry Group	Risca Library	11 am - 12 pm
Knit and Natter	Risca Library	11 am - 12.45 pm
Group cycling	Risca Leisure Centre	11.30 am - 12 pm
Total Body Basics	Risca Leisure Centre	12 - 12.40 pm
Aqua Aerobics	Risca Leisure Centre	12.45 - 1.30 pm
Knit & Yarn/ Diamond Art	TLC cafe, Ty Sign	1 - 3 pm
Mobility/Flexibility	Risca Leisure Centre	1.30 - 2.15 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Aqua Fun for Kids	Risca Leisure Centre	2.15 - 3 pm
Food Pantry	The Pantri, Risca	4 - 6 pm
Group Cycling	Risca Leisure Centre	4.45 - 5.30 pm
Kids Club (Age 4+)	Ty Isaf Church	6 - 7 pm
Zumba	Channel View Community Centre	6 - 7 pm
Pole Fitness	St David's Hall, Ty Sign	6.30 - 7.30 pm
Family Roller Skating	Risca Leisure Centre	7.15 - 8.45 pm
Kids Club (Age 7+)	Ty Isaf Church	7.15 - 8.30 pm



Scan QR code for
more details
Or visit
cwtsh.wales

August 2024

Saturday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Kettlebells	Risca Leisure Centre	8.30 - 9.15 am
Park Run (5km)	Penallta House, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 4 pm
Games Day	Risca Library	9.30 am - 4 pm
Adult Reading Group (1st Sat)	Risca Library	10 - 11 am
Creative Writing (fortnightly)	Risca Library	10 am - 12 pm
Bodyblast	Risca Leisure Centre	10.30 - 11.15 am
Craft Club (Bring your project)	The Hive	10.30 - 12.30 pm
Story Time and Lego Club (TTO)	Risca Library	11 am - 12 pm
Food Pantry	The Pantri, Risca	12 - 2 pm
Chess Club	Risca Library	2 - 3 pm
Karaoke (Live Music)	Commercial Inn, Risca	8 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Sunday

TTO = Term Time Only

Junior Park Run (2km, 4-14years)	Parc Bryn Bach, Tredegar	9 am
Junior Park Run (2km, 4-14years)	Penallta House, Ystrad Mynach	9 am
Group Cycling	Risca Leisure Centre	9 - 9.45 am
Boxing Circuit	Risca Leisure Centre	10 - 10.45 am
Veterans group	TLC cafe, Ty Sign	12 - 2 pm
Risca Male Choir practice	Old Council Offices, Risca	6 - 8 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07305 714695

Follow us   

CWTSH



Download the VZTA Smart Towns
App to explore Risca.
Scan the QR Code.

More details

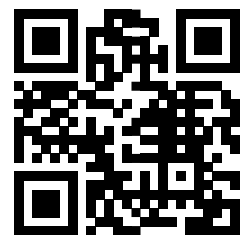
For more details of the activities and providers,
visit www.cwtsh.wales or scan the QR code
opposite.

More information on wellbeing activities and
support is also available at:



www.dewis.wales

Should you lack confidence or feel you need
support to engage with a group, please contact
Community Wellbeing Connectors on 01443
811490 or text SUPPORT to 07537 414443



Scan QR code
for more details

Or visit cwtsh.wales